



Research Paper

Relationship between Smoking and Diet

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Abstract

The goal was to look into smokers' nutritional intake. A 24-hour meal recall method was used in household measures to analyze smokers' diets. When compared to nonsmokers, smokers consume less vitamin C, total fiber, B carotene, and vitamin E. The smokers had the lowest polyunsaturated fat ratio. The smokers had a high energy intake. Chips and processed meats and snacks were more likely to be consumed by smokers. Tea and coffee are frequently consumed by smokers. Consume sugary beverages. Another feature of smokers is that they consume carbonated beverages such as coke and sting while smoking. Non-communicable illnesses are exacerbated by smoking and poor nutrition. Obesity-related behaviors are strongly linked to smoking. Smoking interferes with the body's capacity to absorb vitamins and minerals. Smokers have a lower BMI than non-smokers (BMI). Smokers consume different nutrients and foods than non-smokers.

Keywords

Non-communicable diseases, vitamins, minerals, body mass index, polyunsaturated fats, processed food, and food recall method

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I. Introduction

The act of inhaling and exhaling smoke is known as smoking. Marijuana and hashish are among the plant materials used in the smoking, although most people are familiar with tobacco, which is smoked in a cigarette, cigar, pipe, or in the traditional manner known as huqa. Tobacco includes nicotine, a substance that keeps people addicted to smoking and makes it difficult to quit. Nicotine has pleasurable effects on the brain. Smoking is currently highly common among senior citizens, young people, and teenagers, both males and girls. Despite medical, social, and religious considerations, smoking is widely practiced.

Risk factors of smoking

Smoking makes it impossible to live a disease-free life. Smoking is responsible for the majority of deaths from chronic obstructive pulmonary disease (COPD). There is currently no cure for chronic obstructive pulmonary disease. Smoking stunts the growth of lungs in children and teenagers. Smoking increases one's chances of contracting tuberculosis (TB) and dying as a result of it. It raises the chances of getting type 2 diabetes. It has an impact on the effectiveness of blood pressure drugs. It accelerates the appearance of wrinkles and the ageing of the skin. People believe that smoking makes them feel tranquil, but studies show that it actually makes smokers feel more stressed and anxious. Tar from cigarette leaves produces stains or marks on the fingers and teeth. Nicotine in cigarettes is addictive because it produces a pleasurable impact. It is most likely that you will acquire lung cancer. And smoke inhalers, as well as heart disease. The number of people dying from heart illnesses due by passive smoking has risen. Infants who are exposed to passive smoke are more likely to get bronchitis, pneumonia, and ear infections.

Complications

Nicotine induces addiction as well as blood vessel and artery constriction. Lung cancer and respiratory tract constriction are caused by tar. Carbon monoxide lowers the ability of red blood cells to transport oxygen, resulting in a lower supply of oxygen to the heart and other body organs, leading in the following symptoms:

1. Atherosclerosis and excessive blood pressure are two of the most common causes of heart disease.
2. Bronchitis and emphysema
3. A cardiac arrest
4. Optic nerve deterioration
5. The Stroke
6. Loss of teeth
7. Acute myocardial infarction

Smoking's impact on dietary habits

Cigarette smoking is often linked to appetite suppression, which is regrettably one of the motivations for the habit. Some people use cigarettes to lose weight, while long-term smokers who quit are sometimes faced with the prospect of gaining weight. Smoking has both behavioral and physiological implications on eating patterns. Smokers usually weigh less than nonsmokers, however this isn't always true. Instead, for some people, smoking is linked to increased food intake and obesity.



Nicotine and Hunger

Nicotine has long been thought to be the cause of tobacco's appetite-suppressing effects, at least in the short term. In a study published in the journal "Psychopharmacology," researchers gave smokers and nonsmokers either a dosage of pure nicotine or a placebo. Everyone who was given nicotine felt fuller and ate less at mealtimes. Nicotine does this through changing hunger and satiety receptors in the hypothalamus, according to research published in the journal "Science." According to other research, nicotine cravings increase in tandem with meals. If smokers quit eating earlier to have a cigarette, this may lower food intake even more.

Weight Gain and Quitting

Cigarette smoking is an addictive habit that some people are hesitant to give up due to weight gain worries. Compensatory habits, notably overeating, are frequently associated with abrupt quitting. Inactive people are more likely to consume more calories and gain weight. In addition, many smokers' appetite reduction is followed by a brief rise in metabolic rate, which returns to normal after quitting. Finally, smoking dulls one's sense of taste and smell. Former smokers who notice an improvement in these sensations may find that they like eating more.

Weighing the Benefits and Drawbacks of Smoking

Smoking is one of the worst things you can do to your body, and it is more detrimental to your health than a few extra pounds, according to science. Smoking cigarettes to curb one's appetite does not work for everyone. It's unlikely to result in long-term weight loss in any case. According to a research published in the journal "Addictive Behavior," stopping smoking resulted in an average weight gain of 11 pounds. Fortunately, by substituting healthy behaviors like exercise for smoking, rebound overeating and weight gain can be avoided.

Nutrition and smoking

Smokers and non-smokers have similar nutritional requirements. Smokers require more Vitamin C per day - roughly half an orange - but they can achieve their nutritional requirements every day by eating a variety of healthful foods. When smokers try to quit, they are concerned about gaining weight. These claims are false. For some people, quitting smoking does not have to mean gaining weight. Being physically active and eating three nutritious meals and one to two healthy lower-calorie snacks each day will help you avoid cravings and maintain a healthy weight.

If I smoke, do I need to take a vitamin C supplement?

No. Vitamin C is essential for preventing painful gum bleeding, and getting the additional 35 mg of vitamin C required by smokers is simple. Focus on eating a variety of vegetables and fruits each day, as well as one additional vitamin C-rich meal such as:

- 1/2 orange
 - 1/3 cup (75 mL) chopped green pepper
 - 1/2 cup (125 mL) broccoli
- (125 mL) 100 percent orange juice or 100 percent apple juice with vitamin C

If you don't eat like this on a daily basis, ask your pharmacist for a vitamin C supplement.

Will quitting smoking cause me to gain weight?

After stopping smoking, not everyone gains weight. Some people discover that they eat more because food tastes better. In addition, their metabolism will return to a normal, somewhat slower rate, possibly leading to weight gain. Others may eat higher-calorie items to alleviate cravings or stress. The good news is that it's all manageable, so don't stress about your weight just yet. Your main goal is to stop smoking and stay smoke-free. Focus on stopping smoking and staying smoke-free, and then take tiny efforts to assist manage your weight.

Ways to keep your weight in check on a daily basis

Before tackling nutrition and exercise, you might want to concentrate on stopping smoking and staying smoke-free. That's all right. Keep these suggestions in mind when you're ready to focus on eating and exercising, or pick one or two ideas that you think you can use right away. These suggestions can also assist with cravings.

- Eat on a regular basis. Skipping meals can lead to overeating later in the day, as well as irritability, making it more difficult to resist urges. Breakfast, lunch, and dinner are all important meals, as are one or two snacks. That means you should eat every 3-4 hours.
- Select nutritious snacks. Consider a "mini lunch," which consists of modest servings of healthful foods from two or three dietary groups. Raw vegetables, fruit, smoothies, low-fat yoghurt, whole grain crackers and cereals, hard-cooked eggs, and low-fat white or chocolate milk can all be mixed and matched.
- Increase your physical activity. Incorporate physical activity into your everyday routine to burn calories, boost your metabolism, relieve stress, and feel better. Take a lunchtime walk or run some errands on foot or by bike.
- Every day, eat a variety of healthful foods. Consume plenty of fruits and vegetables, healthy grains, and protein-rich foods. Plant-based protein sources should be consumed more frequently. Limiting processed meals and making water your preferred beverage are all good things to do.
- Pay attention to your body. When you're hungry, eat, and when you're full, stop. Are you unsure if you're hungry? Drink some water, make a phone call, or take a walk around the block to divert you. If you are still hungry, have a healthy snack.

What should I do if I often crave unhealthy foods?

Keep high-calorie foods out of the house to avoid temptation. Take a walk to the local ice cream parlor or grocery if you truly want some ice cream or chips. A single scoop of ice cream or a little bag of chips can be ordered and enjoyed. Then walk home a greater distance.

Maintain a busy mouth. Drink water, chew sugar-free gum, or consume low sodium (salt) pretzels, plain popcorn, raw chopped up veggies, fresh fruit, or sugar-free sweets as a snack.

Tips on beverages:

- Too much coffee can make irritable and make quitting smoking more difficult. Reduce the number of cups of coffee, tea, and cola you consume each day to roughly three. Choose decaffeinated tea and coffee or a combination of the two, lemon or lime water, or fruit juice mixed with half club soda.

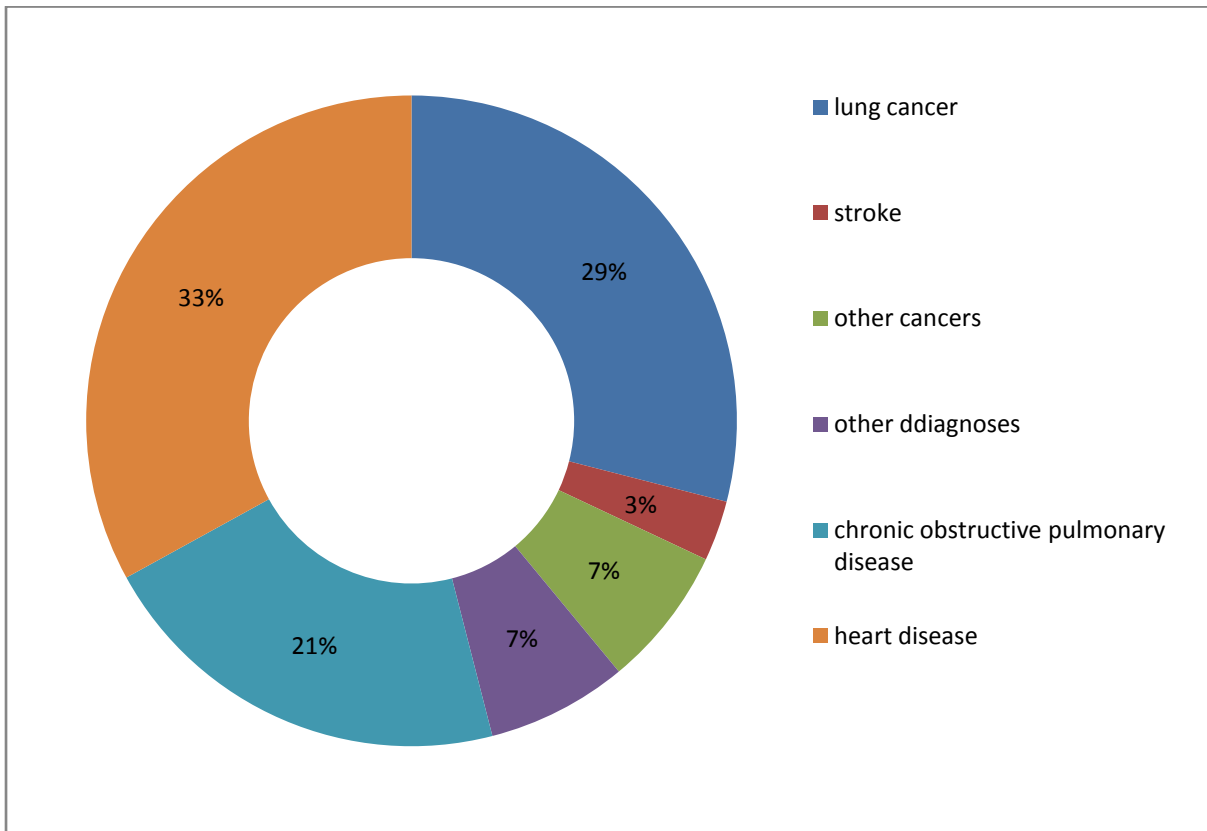
To quench your thirst, start with water. Keep a pitcher of cold water in the refrigerator where you'll notice it and you'll be more inclined to drink it.

- If you're still trying to quit smoking, stay away from alcohol. It could make it more difficult to resist cravings.

Smokers' Health Recommendations

Weight gain is one of the most despised adverse effects of quitting smoking, which can occur for a variety of reasons. For one thing, smokers are more likely than nonsmokers to seek fatty and processed foods, and old habits die hard. According to a study published in the January 2017 edition of *Eating Behaviors*, smokers eat a less healthful diet than nonsmokers. Trying to adjust your dietary habits while suffering from nicotine withdrawal is a difficult task. Exercise, eat a plant-based diet, avoid alcohol, and think about using nicotine gum to help with cravings.

More than 480,000 deaths every year are from cigarette smoking



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